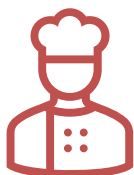




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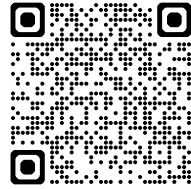
Creative Vegetarian Boot Camp

WELCOME!



CIAFOODIES.COM

Scan the QR code for the class survey and PDF copies of your course guide and Chef lecture:



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Expectations for Participants

To maintain safety/ sanitation standards and ensure you have the best experience possible...

KITCHEN RESPONSIBILITIES

- Silence and put away phones.
- Clean your workstation as you go.
- Place waste in proper receptacle:
 - **Green:** food scraps for compost
 - **Blue:** recyclables
 - **Gray:** trash for landfill
- Use paper towels, cleaning cloths, red sanitation bucket for spills.
- Use side towel for handling hot objects, not cleaning.
- Place dirty utensils, tools on speed rack, not in sink.
- Place anything with an edge in "Sharps Only" pan.
- Place dirty linen in linen bag.



RECIPE MISE EN PLACE

- Read the entire recipe before starting.
- Review yield, temp., and cook times.
- Ask questions if anything is unclear.
- Visualize the cooking process from start to finish.
- Complete any pre-steps (soak, marinade, etc.).
- Gather, measure/ weigh all ingredients.
- Complete all basic prep (wash, trim, dice, etc.).



FOOD SAFETY

- Keep hair contained with toque, hair net/ tie.
- Wash hands before starting work.
- Wash hands after:
 - Touching hair, face, phone, pen, etc.
 - Coughing/ sneezing into tissue
- Wash and dry all produce.
- Wash cutting board, knives, tools after each use.
- Keep perishables refrigerated until needed.
- Per NY state law, wear gloves when handling ready-to-eat food.
- Keep raw meat, poultry, eggs, seafood separate from other foods.
- Cook food to the temperature safe zone.

KNIFE SAFETY

- Use a sharp knife.
- Hold the knife firmly. Place your dominant hand on the handle with three fingers gripping it. Your thumb and index finger should pinch the blade, resting on either side of the bolster.
- Cut away from your body.
- Use a cutting board.
- Place knives on flat surface, away from table edge.
- Keep knives in clear sight, never covered.
- Never grab blindly for a knife.
- Pass knives using the handle, never the blade.
- Carry knives alongside body with the point down.
- Alert others by saying "Behind you with a knife."



COURSE DESCRIPTION

Welcome to the Creative Vegetarian Boot Camp! Throughout this 3-day course, you will learn the benefits of embracing plant-based cuisine, cooking methods for the preparation of various fruits, vegetables, legumes, grains, seeds and nuts, and how to source and choose the best quality ingredients. Each day we will discuss the global, social, and personal health reasons to adopt a vegetarian diet. We will also, through demonstration in the kitchen, explain proper cooking techniques needed to achieve the most nutritious preparation of an ingredient. We will spend time on plant, fruit, and grain identification, and discuss the nutrients found in these ingredients. Lastly, we will discuss the importance of seasonality in vegetarian cooking and discuss the difference between organic, local, and commercially produced foods. Our goal is for you to leave class feeling inspired to create delicious meals that are balanced and nutritionally sound and challenge ourselves to work with ingredients that are unfamiliar in new and exciting ways.

COURSE SYLLABUS

DAY ONE:

- Lecture
 - Station organization and set-up
 - Kitchen sanitation/ safety
 - Importance of mise en place
 - Set-up and organization of a proper workstation
 - Time management
 - Plant-based definitions
 - Vegan: no animal or animal byproducts
 - Ovo: includes eggs
 - Lacto: includes dairy cheese, milk, yogurt
 - Raw: only raw, uncooked ingredients
 - Plant-based cuisine
 - Evolution of plant-based cuisine
 - Blue Zones and the health patterns observed
 - Social, personal, and global reasons for a plant-based diet
 - Global shift towards plant-based diet
 - Changes in the marketplace: convenience products, meal delivery services
 - Statistics regarding vegetarian/ vegan diet
 - Expected global impact of establishing plant-based diet
 - Impact on longevity and wellness
- Kitchen production exercise
 - Chef to review all recipes as necessary before going into food production
 - Group and/ or station demonstrations
 - Review and critique

DAY TWO:

- Lecture
 - Ingredient identification
 - Vegetables: roots, stems, leaves, flowers, fruit, or seeds
 - Fruits
 - Simple, aggregate, multiple
 - Nuts and seeds
 - Whole/ processed grains
 - Dairy, eggs, and soy
 - Plant-based oils
 - What is needed for daily system function
 - General nutrient intake
 - Vitamins, minerals (macro and micro), water
 - Energy: carbohydrates, proteins, and fats
 - Complete proteins
 - Nutritional Composition of Plant Based Ingredients
 - Grains, seeds, and plants with the most nutrients
 - "Eat the rainbow"
 - Food as medicine: phytochemicals and antioxidants for better health
 - When to incorporate a supplement
 - How to Prepare and Preserve Nutrients
 - Basic vegetable/ fruit cookery
 - Grain cooking ratios (when to toast/ soak)
 - Egg/ dairy integration
 - Smoke point of plant-based oils (what to use for sauté, marinades, etc.)
 - Cooking techniques for preserving nutrients
 - Steaming/ simmering/ raw
 - Grilling/ smoking increases exposure to carcinogens
 - How to use herbs/ spices to build flavor
 - Using vegetables as binders and thickeners
- Kitchen production exercise
 - Chef to review all recipes as necessary before going into food production
 - Group and/ or station demonstrations
 - Review and critique

DAY THREE

- Lecture
 - Seasonality and sustainability
 - Find out about your growing area and adapt to the seasons
 - Resources like localharvest.org, fairtradeusa.org, eatwild.org
 - Plan a visit to a farm, or purchase a share (CSA)
 - Types of food production
 - Organic
 - Subsistence
 - Commercial
 - Permaculture
 - Biodynamic
 - Hydroponic
 - Plant-based food storage
 - Shelf life: stages of ripeness/ decay/ nutrient loss
 - Timing of purchase: over-purchasing = spoilage, loss of nutrients, cost issues
 - Methods
 - Refrigeration, dry storage, cellar
 - Canning, jarring, pickling, fermenting
 - HACCP Plan in place at commercial establishment
 - Temperature for safe storage (50-70°F) or refrigerated
 - Signs of spoilage: bulging, rusting, leaking
 - Menu planning/ meal prepping
 - Plan according to seasonality
 - Cooked grains can be stored under refrigeration for 3 days
 - Easily combined into soups, salads, and snacks for extra protein
 - Wash/ peel vegetables just prior to cooking for greatest health benefits
 - Blanching green vegetables too long will leach nutrients into water
 - Vinaigrettes can be made and stored
- Kitchen production exercise
 - Chef to review all recipes as necessary before going into food production
 - Group and/or station demonstrations
 - Review and critique

DAY ONE: INTRODUCTION, GLOBAL IMPACT OF PLANT BASED DIET

LEARNING OBJECTIVES

By the end of this day, you should be able to...

- identify the types of vegetarianism.
- list reasons why an individual would adopt a plant-based diet.
- explain the history of plant-based cooking as it relates to other cultures.
- list the Blue Zones and key ingredients that are found in these areas.
- explain how awareness of plant-based cooking has affected the marketplace.
- understand the principle of wellness, and how it relates to food preparation.
- maintain a clean and organized workspace and execute recipes.
- make vegetable stock, vegetarian dashi, mushroom stock, and almond milk.

CHEF DEMONSTRATIONS

- Vegetable Stock
- Vegetarian Dashi
- Mushroom Stock
- Almond Milk
- Whole Wheat Pasta
- Cleaning Artichokes

DAY ONE: TEAM PRODUCTION ASSIGNMENTS

CHEF DEMO

Whole Wheat Pasta

TEAM ONE

Vegetable Stock

Whole Wheat Pasta with Roasted Tomatoes, Olives and Grilled Baby Artichokes

Pan Steamed Asparagus

Arugula Salad with Figs au Gratin, Parmesan, and Pine Nuts

TEAM TWO

Mushroom Stock

Kidney Bean and Cremini Mushroom Bourguignon

Scalloped Sunchokes and Fingerling Potatoes

Glazed Pearl Onions

TEAM THREE

Vegetarian Dashi

Asian-Inspired Buckwheat Noodle Bowl

Vegetable Summer Rolls with Peanut Dipping Sauce

Bitter Greens with Oranges and Miso Dressing

TEAM FOUR

Almond Milk

Stewed Black Eyed Peas and Okra

Baked Hominy Grits with White Cheddar

Mashed Sweet Potatoes with Ginger

VEGETABLE STOCK

Yield: 2 gallons

Ingredients	Amounts
Leek, leaf	1 ea.
Parsley, flat-leaf, stem, fresh	3 ea.
Thyme, sprig, fresh	1 ea.
Celery, rib, 5-in. piece	1 ea.
Garlic, clove, medium	1 ea.
Oil, olive, extra virgin	½ cup
Onion, yellow, sliced	6 cups
Carrot, sliced	6 cups
Celery, sliced, including tops	4 cups
Leek, large diced	4 cups
Garlic, clove, smashed	4 ea.
Mushroom, white, sliced	4 cups
Wine, white, dry	3 cups
Water	1 ¼ gal.
Tomato, plum (Roma), chopped	4 cups

Method

1. For the *bouquet garni*, place the parsley, thyme, celery, and garlic in the middle of the leek leaf. Gather the sides together to form a pouch and tie it closed with cooking twine. Reserve.
2. Heat the oil in a large pot over medium heat. Add the onions, carrots, celery, leeks, garlic, and mushrooms. Sweat until the onions are translucent and the vegetables are tender, 5 to 7 minutes.
3. Add the wine. Cook, stirring occasionally, about 5 minutes.
4. Add the water and tomatoes. Bring it to a boil, turn down the heat, and simmer for 1 hour.
5. Remove and discard the *bouquet garni*. Strain and cool.

WHOLE WHEAT PASTA WITH ROASTED TOMATOES, OLIVES, AND GRILLED BABY ARTICHOKEs

Yield: 8 portions

Ingredients	Amounts
Oven Roasted Tomatoes (Recipe follows)	1x recipe
Grilled Baby Artichokes (Recipe follows)	1x recipe
Water	3 gal.
Salt, kosher	3 wt. oz.
Whole Wheat Pasta (Recipe follows)	1x recipe
Oil, olive, extra virgin	3 ½ fl. oz.
Olives, green, oil cured, pitted	4 wt. oz.
Basil, leaves, fresh, chiffonade (divided)	4 Tbsp.
Parsley, flat-leaf, leaves, fresh, chiffonade (divided)	4 Tbsp.
Salt, kosher	to taste
Pepper, black, ground	to taste
Yeast, nutritional, flakes	2 ½ Tbsp.

Method

1. Prepare the Oven Roasted Tomatoes and Grilled Baby Artichokes. Reserve warm.
2. In a large, covered pot, bring the water and salt to a boil.
3. Add the Whole Wheat Pasta and cook for 2-3 minutes or until cooked through. Drain in a colander, reserving 1 cup of the pasta water.
4. Return the cooked pasta back into the hot pot. Immediately toss with the olive oil, olives, ½ of the basil and parsley, a splash of the reserved pasta water, and salt and pepper to taste.
5. Portion the pasta into serving bowls and arrange the roasted tomatoes and grilled artichokes on top. Sprinkle with nutritional yeast and remaining herbs. Serve immediately.

OVEN ROASTED TOMATOES

Yield: 6 portions

Ingredients	Amounts
Tomato, plum (Roma)	2 ½ lb.
Oil, olive, extra virgin	1 ½ fl. oz.
Garlic, minced	1 Tbsp.
Shallot, minced	1 Tbsp.
Basil, sweet, leaves, fresh, chiffonade	1 tsp.
Oregano, fresh, chopped	1 tsp.
Thyme, fresh, chopped	1 tsp.
Salt, kosher	as needed
Pepper, black, ground	as needed

Method

1. Preheat oven to 275°F.
2. Remove and discard the stem ends from the tomatoes. Cut into quarters. Arrange the tomatoes in a single layer, skin side down, on a wire rack set over a sheet pan.
3. In a large bowl, place the oil, garlic, shallots, basil, oregano, and thyme. Mix to combine. Season with salt and pepper as needed.
4. Brush the mixture over the tomatoes and turn them carefully to coat them. Place them skin side down again.
5. Roast the tomatoes in the preheated oven until they are dried and lightly browned, 1 to 1 ½ hours.

GRILLED BABY ARTICHOKES

Yield: 10 portions

Ingredients	Amounts
Artichoke, baby, stems trimmed	10 ea.
Water	2 qt.
Bay leaf, dried	2 ea.
Lemon	1/2 ea.
Salt, kosher	1/2 tsp.
Pepper, black, ground	1/2 tsp.
Oil, olive, extra virgin	6 fl. oz.
Garlic, clove, medium, sliced	3 ea.
Lemon, juice, fresh	1 Tbsp.

Method

1. Peel each artichoke. Remove the outer petals to expose the soft, light green petals toward the center. Slice 1 inch off the top of each artichoke (see Chef demo). Reserve.
2. In a large stockpot, place the water, bay leaves, and lemon half. Season with the salt and pepper. Bring to a simmer over medium-low heat.
3. Add the reserved artichokes. Cover the pot and simmer until tender, about 20 minutes. Remove the artichokes from the pot. Cool.
4. Quarter and remove the choke from the center of each artichoke. Transfer to a medium bowl.
5. Add the oil, garlic, and lemon juice. Mix to combine. Marinate in the refrigerator for at least 30 minutes, or up to 4 hours.
6. Preheat a gas grill to medium heat.
7. Remove the artichokes from the marinade, place them on the grill. Grill over direct heat, turning often until golden, about 10 minutes.

WHOLE WHEAT PASTA

Yield: 8 portions

Ingredients	Amounts
Flour, durum	1 cup
Flour, whole wheat	1 cup
Oil, olive, extra virgin	1 Tbsp.
Salt, kosher	to taste
Egg, whole	2 ea.
Butter, vegan, unsalted	to taste

Method

1. For the pasta, in a food processor, place the durum and whole wheat flour, oil, and salt. Pulse to combine.
2. Add the eggs. Process until the mixture resembles coarse meal. When pressed, the dough should form a cohesive mass. Adjust the consistency with more water or flour as needed.
3. Transfer the dough to a work surface. Knead until the dough is very firm but still pliable. Wrap in plastic and allow the dough to rest at room temperature for at least 30 minutes.
4. Roll the pasta dough into sheets 1/8-inches thick. Cut the sheets into linguine (long thin strips) and reserve, uncovered.
5. Bring a large pot of salted water to a boil. Cook the linguini for 3 minutes, or until tender.
6. Transfer the cooked pasta to a large mixing bowl. Add butter and a bit of the salted pasta water to taste. Serve warm.

PAN STEAMED ASPARAGUS

Yield: 8 portions

Ingredients	Amounts
Asparagus	2 lb.
Water	1 qt.
Salt, kosher	1 tsp.
Butter, unsalted	2 wt. oz.
Salt, kosher	to taste
Pepper, black, ground	to taste

Method

1. Wash, snap, and trim the asparagus spears.
2. In a 12-inch sautoir, bring the water and salt to a boil.
3. Add the trimmed asparagus. Return the water to a boil and cover. Simmer until the asparagus is tender but still crisp, 4 to 5 minutes. Drain and return the asparagus to the pan.
4. Add the butter. Season with salt and pepper to taste. Mix to coat. Serve immediately.

ARUGULA SALAD WITH FIGS AU GRATIN, PARMESAN, AND PINE NUTS

Yield: 8 portions

Ingredients	Amounts
Pine nuts (<i>Pignoli</i>)	1 ½ cups
Butter, unsalted	4 wt. oz.
Sugar, confectioner's	¼ cup
Flour, all-purpose	¼ cup
Figs, halved	24 ea.
Arugula	3 bu.
Olive Oil, Extra Virgin	½ cup
Cheese, Parmigiano-Reggiano, shaved	1 cup
Salt, kosher	as needed
Pepper, black, ground	as needed
Vinegar, Champagne	⅓ cup

Method

1. Preheat oven to 400°F. Line a sheet pan with parchment paper. Reserve.
2. Heat a small, dry skillet over medium-low heat. Add the pine nuts in an even layer. Toast, stirring often, until golden brown and aromatic, 2 to 4 minutes. Transfer to a plate. Cool.
3. In a food processor, place 1 cup of pine nuts, the butter, sugar and flour. Pulse into a coarse meal.
4. Place the figs cut side up on the lined sheet pan. Spoon some of the pine nut mixture onto each fig, dividing it evenly. Bake the figs until the topping is golden brown and bubbly, 3 to 5 minutes. Cool and reserve.
5. In a large bowl, place the arugula, oil, cheese, and the remaining ½ cup of toasted pine nuts. Toss to combine. Season with salt and pepper to taste.
6. Transfer the tossed arugula onto a serving platter. Arrange the figs on top of the arugula. Drizzle with the Champagne Vinegar and serve.

MUSHROOM STOCK

Yield: 1 gallon

Ingredients	Amounts
Garlic, clove, crushed	4 ea.
Onion, yellow, quartered	2 lb.
Carrot, large diced	12 wt. oz.
Celery, rib, large diced	4 ea.
Oil, vegetable	2 Tbsp.
Bay leaf, dried	1 ea.
Peppercorn, black, whole	6 ea.
Thyme, sprig, fresh	2 ea.
Parsley, flat-leaf, leaves, fresh	¼ cup
Mushroom, button, stemmed, sliced	1 lb.
Mushroom, button, stems	2 ½ wt. oz.
Water	1 gal.

Method

1. Preheat oven to 350°F.
2. In a roasting pan, place the garlic, onions, carrots, celery, and vegetable oil. Toss to coat.
3. Spread the vegetables in a single, even, layer. Roast in the preheated oven until the vegetables are wilted but not brown, 10 to 15 minutes.
4. Transfer the vegetables to a large pot. Add the bay leaf, peppercorns, thyme, parsley, mushrooms, and water. Bring to a boil over high heat. Lower the heat to medium. Simmer, skimming often, for 1 hour.
5. Strain the stock through a fine mesh sieve into a storage container. Cool to 45 degrees in an ice water bath.
6. Store in a sealed container in the refrigerator for up to 5 days or freeze for up to 3 months.

KIDNEY BEAN AND CREMINI MUSHROOM BOURGUIGNON

Yield: 8 portions

Ingredients	Amounts
Butter, unsalted	4 Tbsp.
Flour, all-purpose	4 Tbsp.
Oil, olive, extra virgin	2 Tbsp.
Shallot, small diced	6 ea.
Carrot, small diced	8 ea.
Garlic, minced	4 tsp.
Mushroom, cremini, quartered	1 ½ lb.
Thyme, sprig, fresh	4 ea.
Rosemary, sprig, fresh	4 ea.
Bay leaf, dried	2 ea.
Tomato, plum (Roma), crushed, canned	2 cups
Stock, mushroom	1 cup
Wine, red (Divided)	2 cups
Beans, kidney, cooked, canned	6 cups
Salt, kosher	as needed
Pepper, black, ground	as needed

Method

1. In a small bowl, place the butter and flour. Mix until thoroughly combined. Reserve.
2. In a large sauté pan, heat the oil over medium heat. Add the shallots, carrots, and garlic. Cook until the shallots are translucent, 3 to 4 minutes.
3. Add the mushrooms. Stir to combine. Cook until the mushrooms start to become tender, 4 to 5 minutes.
4. Add the reserved flour mixture, the thyme, rosemary, bay leaf, tomatoes, broth, and ½ the red wine. Stir to combine. Bring to a boil, then turn down the heat to low and simmer until the vegetables are tender, 20 to 25 minutes.
5. Add the remaining wine and the beans. Season with salt and pepper. Simmer, 10 to 15 minutes. Remove and discard the thyme, rosemary, and bay leaves.
6. Portion the mixture into individual serving bowls. Serve warm.

SCALLOPED SUNCHOKES AND FINGERLING POTATOES

Yield: 6 portions

Ingredients

Amounts

Butter, unsalted	as needed
Potato, fingerling	1 ½ lb.
Sunchoke, peeled	4 wt. oz.
Milk, whole	1 cup
Cream, heavy	1 cup
Shallot, minced	2 tsp.
Garlic, minced	1 Tbsp.
Salt, kosher,	as needed
Pepper, black, ground	as needed
Cheese, gouda, grated	2 cups

Method

1. Preheat oven to 325°F. Butter a 2-quart casserole dish.
2. With a mandoline, slice the potatoes and sunchoke lengthwise into 1/16-inch slices.
3. Place the slices in a large saucepan. Add the milk, cream, shallots, garlic, and salt and pepper. Mix gently. Bring to a simmer over medium-low heat and cook for 3 minutes.
4. Remove the pan from the heat. Gently stir in 1 ½ cups of the cheese. Transfer the mixture to the prepared casserole dish. Sprinkle the top with the remaining cheese.
5. Bake, uncovered, until the vegetables are tender and golden brown, about 45 minutes. Cool for 15 minutes before cutting.

GLAZED PEARL ONIONS

Yield: 8 portions

Ingredients	Amounts
Onion, pearl	1 lb.
Stock, vegetable	1 ½ cups
Salt, kosher	1 tsp.
Butter, unsalted	2 wt. oz.
Sugar, granulated	¼ tsp.
Salt, kosher	to taste
Pepper, black, ground	to taste

Method

1. Trim and discard 1 end of the pearl onions, leaving the skin on.
2. Bring a medium pot of water to a boil. Add the onions. Blanch for 2 minutes. Transfer the onions to an ice water bath to stop the cooking process. Squeeze the onions to remove the outer skin. Discard the skin and reserve.
3. In an 8-inch sautoir, place the stock and salt. Bring to a boil.
4. Add the reserved onions. Return the water to a boil. Lower the heat and simmer, until the onions are tender but still crisp, 4 to 5 minutes.
5. Drain the water, returning the onions to the pan. Add the butter and sugar, swirling to evenly coat the onions.
6. Adjust the seasoning with salt and pepper to taste.

VEGETARIAN DASHI

Yield: 3 quarts

Ingredients	Amounts
Water	3 ½ qt.
Kelp, kombu, dried, 2-in. piece	8 ea.
Mushroom, shiitake, dried	1 ½ cups

Method

1. In a stainless-steel sauce pot, place the water and kombu. Soak overnight.
2. Place the pot on the stove over medium-low heat. Bring the water and kombu to a simmer. Do not boil. Simmer for 10 minutes. Remove and discard the kombu.
3. Add the dried shiitake. Simmer until they are tender, about 10 minutes. Remove the mushrooms and reserve them for another purpose.
4. Strain and cool the broth.

ASIAN-INSPIRED BUCKWHEAT NOODLE BOWL

Yield: 8 portions

Ingredients	Amounts
Sesame seeds, black	2 tsp.
Dashi, vegetarian	3 qt.
Garlic, thinly sliced	4 tsp.
Ginger, fresh, 2-in. piece, peeled, thinly sliced	1 ea.
Soy sauce, mushroom	to taste
Wine, rice, dry	3 fl. oz.
Tofu, smoked, med. diced	12 wt. oz.
Five spice powder	2 tsp.
Squash, butternut, peeled, spiral cut	4 wt. oz.
Noodles, buckwheat	8 wt. oz.
Daikon, peeled, spiral cut	4 wt. oz.
Zucchini, spiral cut	4 wt. oz.
Radish, watermelon, peeled, spiral cut	2 wt. oz.
Mushroom, shiitake, fresh, thinly sliced	4 wt. oz.
Bean sprouts, mung, rinsed	4 wt. oz.
Scallion (Green onion), thinly sliced on a bias	5 ea.
Cilantro, leaves, fresh	½ cup
Ginger, pickled, drained	3 ½ Tbsp.

Method

1. Heat a small, dry skillet over medium heat. Add the sesame seeds in an even layer. Toast, stirring often, until golden brown and fragrant, 3 to 6 minutes. Transfer to a plate. Cool and reserve.
2. For the dashi broth, in a large saucepan, place the dashi, garlic, ginger, soy sauce, and rice wine. Heat to 165°F, steeping for 30 minutes. Do not boil. Adjust the seasoning with more soy sauce to taste. Reserve.
3. In a large mixing bowl, place the smoked tofu and five spice powder. Gently toss. Reserve.
4. Bring a large pot of salted water to a boil. Add the squash. Blanch for 10 seconds. Drain and transfer to in an ice water bath to stop the cooking process. Drain and reserve.
5. Bring a large pot of salted water to a boil. Add the buckwheat noodles. Cook until tender but still firm to the bite (*al dente*), 6 to 8 minutes. Drain and rinse with warm water. Reserve.
6. To serve, bring the reserved dashi broth to a low boil. Prepare 16 heated soup bowls. In each bowl, place the cooked buckwheat noodles, butternut squash, daikon, and zucchini spirals.

Top with the radish, 3 slices of shiitake, mung bean sprouts, and a few pieces of five spice smoked tofu.

7. To each bowl, add 4 ounces of hot Dashi broth. Garnish with the reserved sesame seeds, scallions, cilantro, and pickled ginger. Serve immediately.

Note: Sake can be substituted for rice wine.

VEGETABLE SUMMER ROLLS WITH PEANUT DIPPING SAUCE

Yield: 10 rolls

Ingredients	Amounts
Noodles, rice, vermicelli	2 ½ wt. oz.
Vinegar, rice	2 Tbsp.
Rice paper wrappers	10 ea.
Lettuce, iceberg, leaves	10 ea.
Mint, fresh, leaves	⅓ cup
Basil, Thai, leaves, fresh	⅓ cup
Cilantro, leaves, fresh	⅓ cup
Cabbage, napa, shredded	¾ cup
Carrot, shredded	½ cup
Pepper, red bell, julienne	½ cup
Beans, sprouts	¾ cup
Peanut Dipping Sauce (Recipe follows)	½ cup

Method

1. In a large bowl, completely cover the noodles with hot water. Soak until tender, about 15 minutes. Drain the noodles and return them to the bowl. Toss with the vinegar. Reserve.
2. Fill a shallow dish with warm water.
3. Working with 1 sheet at a time, soak the rice paper wrappers in the water until pliable, 30 to 45 seconds. Transfer to a plate lined with damp paper towels. Continue this process for the remaining wrappers.
4. Place 1 piece of lettuce on the rice paper wrapper, and top with the mint, basil, cilantro, cabbage, carrot, pepper, seasoned noodles, and bean sprouts in a narrow line.
5. Fold the edges of the rice paper inward, then working away from yourself, tightly roll the wrapper around the filling (see Chef Demo). Set on a plate seam side down. Repeat this process with the remaining rice wrappers and fillings.
6. Cut the rolls in ½ on a diagonal and serve with the Peanut Dipping Sauce.

PEANUT DIPPING SAUCE

Yield: 1 cup

Ingredients	Amounts
Peanuts, chopped	3 Tbsp.
Oil, peanut	2 tsp.
Red curry paste	2 tsp.
Turmeric, ground	¼ tsp.
Peanut butter	¼ cup
Milk, coconut	¼ cup
Stock, vegetable	¼ cup
Lime, juice, fresh	3 Tbsp.
Thai sweet chili sauce	1 Tbsp.

Method

1. Heat a small, dry skillet over medium-low heat. Place the chopped peanuts in an even layer. Roast, stirring frequently, until golden brown and aromatic, 15 to 20 minutes. Transfer to a plate. Cool and reserve.
2. Heat the oil in a medium sauté pan over medium heat. Add the red curry paste and turmeric. Stir until it bubbles slightly, about 1 minute.
3. Add the peanut butter, coconut milk, stock, lime juice, and chili sauce. Stir to incorporate. Reduce the heat to low.
4. Cook, stirring constantly, about 3 minutes. When the liquid begins to bubble, remove the pan from the heat and continue to stir for 1 minute.
5. Serve immediately, garnished with chopped peanuts.

BITTER GREENS WITH ORANGES AND MISO DRESSING

Yield: 8 portions

Ingredients	Amounts
Sesame seeds, black	2 tsp.
Peanuts, chopped	3 Tbsp.
Garlic, minced	2 tsp.
Ginger, fresh, peeled, 2-in. piece, grated	1 ea.
Wine, rice, Japanese (<i>Mirin</i>)	3 tsp.
Sugar, turbinado	¼ tsp.
Wine, rice, miso, white	2 Tbsp.
Water	1 ½ Tbsp.
Vinegar, wine, rice	2 Tbsp.
Oil, peanut	2 Tbsp.
Oil, sesame	2 Tbsp.
Arugula	4 wt. oz.
Lettuce, frisée	4 wt. oz.
Lettuce, radicchio, chiffonade	4 wt. oz.
Kale, baby	2 wt. oz.
Orange, cara cara, segmented	5 ea.
Onion, red, halved, thinly sliced	2 wt. oz.

Method

1. Heat a dry, small skillet over medium heat. Add the sesame seeds in an even layer. Toast until golden and aromatic, 3 to 4 minutes. Transfer to a small bowl and reserve.
2. Heat a small, dry skillet over medium-low heat. Place the chopped peanuts in an even layer. Roast, stirring frequently, until golden brown and aromatic, 15 to 20 minutes. Transfer to a plate. Cool and reserve.
3. For the miso dressing, using a food processor, pulse the garlic and ginger to create a paste. Transfer to a small bowl.
4. Add the mirin, sugar, miso, water, and rice wine vinegar. Stir to combine.
5. Slowly add the peanut and sesame oil, whisking constantly until it forms an emulsion. Reserve.
6. On a serving plate, arrange the arugula, frisée, radicchio, and kale. Add the orange segments and red onion slices.
7. Drizzle with the miso dressing. Sprinkle with the chopped peanuts and toasted sesame seeds.

ALMOND MILK

Yield: 6 cups

Ingredients

Almonds, raw
Water
Salt, kosher

Amounts

1 cup
5 cups
1/8 tsp.

Method


1. In a small bowl, place the almonds and enough water to cover. Soak overnight. Drain.
2. In a blender, place the soaked almonds, water, and salt. Blend until very smooth.
3. Strain the mixture through a fine sieve lined with cheesecloth into a large bowl.
4. Refrigerate until needed.

Note: Almond milk can also be sweetened with whole, pitted dates and flavored with vanilla extract. These ingredients can be added in step 1.

Source: adapted from a recipe by Mollie Katzen

STEWED BLACK-EYED PEAS AND OKRA

Yield: 8 portions

Ingredients	Amounts
Oil, peanut	1 ½ tsp.
Tofu, smoked, small diced	2 wt. oz.
Onion, yellow, minced	1 cup
Celery, small diced	½ cup
Pepper, bell, green, small diced	½ cup
Garlic, minced	1 Tbsp.
Peas, black-eyed, dried, soaked, drained	1 lb.
Stock, vegetable	2 qt.
 Oil, peanut	2 Tbsp.
Okra, sliced	12 wt. oz.
Tomato, plum (Roma), diced	8 wt. oz.
Bay leaf, dried	1 ea.
Thyme, dried	1 tsp.
Creole seasoning	1 tsp.
Salt, kosher	to taste
Pepper, black, ground	to taste

Method

1. Heat the oil in an 8-quart pot over medium-low heat. Add the tofu. Sweat the tofu to release its smoky flavor, about 3 minutes.
2. Add the onion, celery, bell pepper, and garlic. Sweat until they are soft, 10 to 15 minutes.
3. Add the black-eyed peas and vegetable stock. Bring to a simmer and cook gently, until the peas are nearly tender, about 40 minutes. Add more stock if needed. Reserve.
4. Heat the oil in a medium sauté pan over high heat until it shimmers. Add the okra. Fry for 30 seconds. Turn down the heat to medium.
5. Add the tomatoes, bay leaf, and thyme. Cook for 5 minutes.
6. Add the Creole seasoning. Mix to incorporate. Cook until the liquids from the okra and tomatoes are reduced a bit and the flavor develops, 2 to 3 minutes.
7. Add the cooked okra/tomato mixture to the pot with the reserved black-eyed peas. Simmer until it reaches a stew-like consistency and the flavors have blended, about 10 minutes.
8. Adjust the seasoning with salt, pepper, and creole seasoning to taste.

BAKED HOMINY GRITS WITH WHITE CHEDDAR

Yield: 8 portions

Ingredients	Amounts
Butter, unsalted	1 wt. oz.
Onion, yellow, minced	½ cup
Milk, almond	26 fl. oz.
Water	32 fl. oz.
Grits, hominy, slow cooking	1 lb.
BBQ Spice Mix (Recipe follows)	to taste
Salt, kosher	to taste
Pepper, black, ground	to taste
Cheese, Cheddar, white, grated	8 wt. oz.
Scallion (Green onion), bunch, bias cut	1 ea.

Method

1. Preheat oven to 350°F.
2. In an oven-safe, medium sauce pot, Place the butter. Melt the butter over medium heat. Add the onions. Sweat until translucent, 2 to 3 minutes. Do not caramelize.
3. Add the almond milk and water. Mix to combine. Bring to a slow simmer.
4. Slowly whisk in the hominy grits.
5. Season with the BBQ Spice Mix to taste.
6. Cover the pot with a lid. Bake in the preheated oven, stirring often, until the grits are tender, no longer starchy and have a consistency similar to soft polenta, 40 to 60 minutes. Add more water as needed.
7. Season with salt and pepper to taste. Top with the Cheddar cheese and scallions.

BBQ SPICE MIX

Yield: 12 ounces

Ingredients	Amounts
Salt, kosher	8 wt. oz.
Chile, cayenne, ground	¼ wt. oz.
Pepper, black, ground	¼ wt. oz.
Pepper, white, ground	1 tsp.
Paprika, Spanish, smoked	3 wt. oz.
Onion, powder	½ wt. oz.
Garlic, powder	½ wt. oz.
Thyme, dried	1 Tbsp.
Sugar, maple	1 wt. oz.

Method

1. In a small bowl, place all the ingredients. Mix well to combine.
2. Store in an airtight container.

MASHED SWEET POTATOES WITH GINGER

Yield: 8 portions

Ingredients	Amounts
Potato, sweet	2 ½ lb.
Potato, russet	1 lb.
Butter, unsalted	2 wt. oz.
Cream, heavy	1 cup
Ginger, root, fresh, minced	1 Tbsp.
Salt, kosher	as needed
Pepper, black, ground	as needed

Method

1. Preheat oven to 400°F.
2. Puncture the skin of both the sweet and russet potatoes with the tip of a knife to create a vent for the steam.
3. Place the potatoes on a sheet tray. Bake, until they are fork-tender, 20-25 minutes for the sweet potatoes and 45-50 minutes for the russet potatoes. Remove and cool, long enough to handle.
4. Peel and discard the skins from both kinds of potatoes. Transfer to a potato masher or a food mill. Mash and keep warm.
5. In a small saucepan, combine the butter and heavy cream. Bring to a simmer. Add the ginger and let steep for 15 minutes before stirring into the potatoes. Season with salt and pepper to taste. Serve immediately.

DAY TWO: PRODUCT IDENTIFICATION AND COOKING METHODS

LEARNING OBJECTIVES

By the end of this day, you should be able to:

- Identify vegetables, fruits, grains, legumes, nuts, and seeds
- List the health benefits associated with plant-based ingredients
- Explain the purpose of proper nutrition, and how nutrients assist in daily function
- Explain the concept of “Eat the Rainbow” and using food as medicine
- Discuss foods that are high in protein and suitable for a Plant Based diet
- Identify cooking techniques that are beneficial in nutrition preservation
- Identify cooking ratios and methods for grain and legume cookery
- Explain the use of spice blends, and the importance of toasting spices
- Identify the difference between Simple and Emulsified Vinaigrettes

CHEF DEMONSTRATIONS

- Green/ Non-Green Vegetable Cleaning/Blanching/ Shocking
- Tofu Identification and Uses
- Simple/ Emulsified Vinaigrettes
- Gougeres

DAY TWO: TEAM PRODUCTION ASSIGNMENTS

TEAM ONE

White Bean and Tomato Soup

Herb Tomato Gougères

Tuscan Kale Salad

TEAM TWO

Tofu a la Veracruzana

Tostones

Ruby Red Grapefruit Salsa

TEAM THREE

Mushroom Strudel

Grilled Radicchio and Romaine Salad with Fig Almond Vinaigrette

Green Beans with Tahini and Walnuts

TEAM FOUR

Blue Cheese Multigrain Bread Pudding

Quinoa and Mushroom Cakes with Salbitxada Sauce

Roasted Golden Beets with Beet Greens and Mâché

WHITE BEAN AND TOMATO SOUP

Yield: 8 portions

Ingredients	Amounts
Oil, olive, extra virgin	2 Tbsp.
Onion, yellow, small diced	1 cup
Carrot, small diced	$\frac{3}{4}$ cup
Celery, small diced	$\frac{1}{2}$ cup
Garlic, minced	1 Tbsp.
Wine, white, dry	$\frac{2}{3}$ cup
Stock, vegetable	7 cups
Tomato, juice	1 cup
Tomato, plum (Roma), small diced	1 $\frac{1}{2}$ cups
Bay leaf, dried	1 ea.
Thyme, sprig, fresh	2 ea.
Beans, cannellini, cooked, canned, drained	2 cups
Parsley, flat-leaf, fresh, chopped	$\frac{1}{3}$ cup
Basil, fresh, chiffonade	$\frac{1}{4}$ cup
Oil, olive, extra virgin	as needed

Method

1. In a large pot, heat the oil over medium heat. Add the onions, carrots, and celery. Sauté until they are lightly browned and tender, 5 to 7 minutes.
2. Add the garlic. Stir to incorporate. Sauté until aromatic, about 1 minute.
3. Add the wine. Reduce the liquid until only about $\frac{1}{2}$ remains.
4. Add the stock, tomato juice, tomatoes, bay leaf, and thyme. Bring it to a boil, turn down the heat to low, and simmer, 15 to 20 minutes.
5. Remove and discard the bay leaf and thyme. Add the beans. Stir to incorporate. Simmer until they are just heated through.
6. Just before serving, stir in the parsley and basil. Simmer for 1 minute.
7. Serve in warm bowls drizzled with olive oil.

HERB AND TOMATO GOUGÈRES

Yield: 36 gougères

Ingredients	Amounts
Water	1 cup
Butter, unsalted	5 1/3 Tbsp.
Sugar, granulated	1/2 tsp.
Salt, kosher	1/2 tsp.
Flour, bread	1 cup
Egg, whole	3 ea.
Pepper, black, ground	1/8 tsp.
Cheese, Gruyère, grated	3/4 cup
Tomato, sun dried, minced	1/4 cup
Basil, sweet, leaves, fresh, chopped	1 Tbsp.
Thyme, fresh, chopped	1 1/2 tsp.
Egg, whole, beaten	2 Tbsp.
Water	2 Tbsp.

Method

1. Preheat oven to 350°F. Line a sheet pan with parchment paper. Reserve.
2. In a medium pot, place the water, butter, sugar, and salt. Bring to a boil over medium heat, stirring constantly.
3. Remove the pot from the heat. Add the flour all at once. Stir vigorously to combine. Return the pan to medium heat and cook, stirring, until the mixture pulls away from the sides of the pan, about 3 minutes.
4. Transfer the mixture to a large bowl. Stir to cool.
5. Add the eggs one at a time, beating until smooth after each addition.
6. Add the pepper, cheese, tomatoes, basil, and thyme. Mix to combine.
7. Transfer the batter to a pastry bag fitted with a medium round tip. Pipe the batter into small domes approximately 1 inch apart onto the prepared sheet pan.
8. For the egg wash, in a small bowl, whisk together the egg and water. Brush each gougère lightly with the egg wash.
9. Bake in the preheated oven until the gougères are puffed and golden brown, 30 to 35 minutes. Serve warm.

TUSCAN KALE SALAD

Yield: 8 portions

Ingredients	Amounts
Pine nuts, (<i>Pignoli</i>)	3 Tbsp.
Kale, Tuscan, stems removed, chiffonade	2 lb.
Oil, olive, extra virgin	2 fl. oz.
Salt, kosher	1 tsp.
Vinegar, balsamic, aged	2 fl. oz.
Onion, red, julienne, rinsed, drained	2 wt. oz.
Currants	¼ cup
Cheese, Parmigiano-Reggiano, grated	½ cup
Salt, kosher	to taste
Pepper, black, ground	to taste

Method

1. Heat a small, dry skillet over medium-low heat. Add the pine nuts in an even layer. Toast, stirring often, until golden brown and aromatic, 2 to 4 minutes. Transfer to a plate. Cool and reserve.
2. In a large bowl, place the kale, olive oil, and salt. Bruise the kale with gloved hands until it wilts and becomes dark green and tender. Refrigerate and reserve.
3. Just before service, in the bowl with the kale, add the vinegar, onion, currants, and ¼ cup of Parmesan. Toss to thoroughly combine. Adjust the seasoning with salt and pepper to taste.
4. Portion the salad onto a serving platter. Garnish with the reserved pine nuts and remaining Parmesan.

Note: Fresh peaches, dried blueberries or fresh blueberries, and blackberries can be substituted for the currants.

TOFU A LA VERACRUZANA

Yield: 6 portions

Ingredients	Amounts
Pepper, bell, red	1 ea.
Potato, new, peeled, quartered	1 lb.
Salt, kosher	as needed
Oil, olive, extra virgin	2 Tbsp.
Onion, yellow, minced	½ cup
Garlic, minced	1 Tbsp.
Almonds, skin off	3 Tbsp.
Tomato, plum (Roma), small diced	4 cups
Olives, green, pitted, halved (Divided)	2 cups
Capers, rinsed (Divided)	4 Tbsp.
Cinnamon, stick	1 ea.
Bay leaf, dried	1 ea.
Raisins	3 Tbsp.
Tofu, extra firm	1 lb.
Salt, kosher	as needed
Pepper, black, ground	as needed
Flour, all-purpose	as needed
Parsley, flat-leaf, fresh, chopped	¼ cup
Tostones (Recipe follows)	1x recipe

Method

1. Roast the bell pepper over an open flame until the skin chars on all sides. Transfer to a stainless-steel bowl. Cover the bowl with plastic wrap. Steam for 15 minutes. Transfer to a cutting board. When cool enough to handle, remove and discard the core, seeds, and charred skin. Medium dice. Reserve.
2. In a medium pot, place the potatoes, salt, and enough water to cover by 2 inches. Bring to a boil. Cook until the potatoes are tender, 15 to 18 minutes. Drain and reserve.
3. Heat the oil in a large sauté pan over medium heat. Add the onions and garlic. Sauté until the onions are translucent, 4 to 5 minutes.
4. Add the reserved roasted peppers, almonds, tomatoes, 1 ½ cups of olives, 2 tablespoons of capers, cinnamon stick, bay leaf, and raisins. Bring to a simmer and cook until it reduces slightly, about 10 minutes.
5. Remove and discard the bay leaf and cinnamon stick. Add the potatoes. Keep warm. Reserve.
6. Season the tofu with salt and pepper. Dredge in flour.
7. Heat ¼ inch of oil in a large sauté pan over medium heat. Add the tofu. Sauté until golden on each side, 3 to 4 minutes per side.
8. Arrange the tofu on a warmed platter and spoon the sauce over it. Garnish with the remaining olives, capers and parsley. Serve with the Tostones.

TOSTONES

Yield: 8 portions

Ingredients	Amounts
Plantain, green, medium	3 ea.
Oil, vegetable	as needed
Water	½ cup
Salt, kosher	1 Tbsp.
Garlic, minced	1 Tbsp.
Salt, kosher	to taste

Method

1. Peel and slice the plantains 1 ½ inch thick on a bias. Reserve.
2. Fill a large pot halfway with the oil over medium heat. Heat until the oil registers 350°F on a deep-fry thermometer.
3. Working in batches, fry the plantains until they just turn golden brown, 3 to 5 minutes.
4. Remove the plantains with a skimmer. Transfer to a wire rack set in a sheet pan to drain.
5. While the plantains are still warm, smash them lightly between 2 sheets of parchment, using a small sauté pan or tortilla press, to about ¼-inch thick.
6. In a small bowl, combine the water, salt, and garlic. Mix until the salt dissolves.
7. Bring the frying oil back to 350°F. A few slices at a time, dip the plantains in the water, shake off the excess, and fry until they are fully golden on all sides, 3 to 4 minutes total.
8. Drain on the wire rack. Season with salt to taste. Serve immediately.

RUBY RED GRAPEFRUIT SALSA

Yield: 3 cups

Ingredients	Amounts
Onion, red, minced	2 Tbsp.
Grapefruit	2 ea.
Orange, navel	2 ea.
Oil, olive, extra virgin	2 Tbsp.
Cilantro, leaves, fresh, chopped	1 ½ Tbsp.
Chile, scotch bonnet, seeded, minced	½ Tbsp.
Parsley, flat-leaf, leaves, fresh, chopped	1 Tbsp.
Salt, kosher	to taste
Pepper, black, ground	to taste

Method

1. Place the onion in a fine mesh strainer and run under cold. Drain thoroughly. Reserve.
2. Peel and segment the orange and grapefruit (see Chef demo). Squeeze, reserving the juices.
3. For the dressing, in a medium bowl place the reserved juices, the oil, cilantro, onion, chili, and parsley. Whisk to combine.
4. Add the grapefruit and orange segments. Gently toss to coat.
5. Adjust the seasoning with salt and pepper to taste. Serve immediately.

MUSHROOM STRUDEL

Yield: 4 portions

Ingredients	Amounts
Butter, unsalted	3 Tbsp.
Onion, yellow, minced	1 cup
Mushroom, cremini, quartered	3 cups
Garlic, minced	2 tsp.
Spinach, fresh	2 cups
Parsley, flat-leaf, leaves, fresh, chopped	2 Tbsp.
Rosemary, fresh, chopped	1 Tbsp.
Cheese, Parmigiano-Reggiano, grated	1/3 cup
Salt, kosher	as needed
Pepper, black, ground	as needed
Phyllo dough, sheet, thawed	12 ea.
Butter, unsalted, melted	1/2 cup
Breadcrumbs, dried	as needed

Method

1. Preheat oven to 400°F.
2. For the filling, in a large sauté pan, melt the butter over medium heat. Add the onions. Sauté until translucent, 4 to 5 minutes.
3. Add the mushrooms and garlic. Cook until the mushrooms are tender, 10 to 12 minutes.
4. Add the spinach, parsley, and rosemary. Stir until the spinach is wilted. Remove the pan from the heat and let the mixture cool to room temperature.
5. Transfer the filling to a colander and press to remove any excess liquid.
6. Transfer to a large bowl. Add the cheese. Season with salt and pepper. Mix gently to combine. Divide the filling into 4 equal portions.
7. Lay the phyllo dough on a work surface, cover with plastic wrap and then a dampened kitchen towel. To keep them from drying out, remove only 1 sheet at a time.
8. Brush a sheet of phyllo dough with the melted butter. Sprinkle a thin, even layer of breadcrumbs. Top with another sheet of phyllo dough and repeat until you have stacked 3 layers of dough.
9. Place 1 portion of the filling 2 inches away from the edge of the layered dough. Roll the edge up and over the filling, fold in the ends, and continue to roll the dough around the filling, burrito-style, ending with the seam at the bottom (see Chef demo).
10. Transfer the dough to a baking sheet. With a paring knife, score the dough twice to allow steam to escape. Brush the strudel with melted butter. Repeat with the remaining phyllo dough and filling.
11. Bake the strudels in the preheated oven until golden brown, 15 to 20 minutes. Cut on a bias and serve.

GRILLED RADICCHIO AND ROMAINE SALAD WITH ALMOND FIG VINAIGRETTE

Yield: 8 portions

Ingredients	Amounts
Almonds, raw, sliced	2 Tbsp.
Radicchio, head	2 ea.
Lettuce, Romaine, hearts	2 ea.
Oil, grapeseed	2 fl. oz.
Almond Fig Vinaigrette (Recipe Follows)	8 fl. oz.
Salt, kosher	to taste
Pepper, black, ground	to taste
Cheese, ricotta salata, shaved	1/4 cup
Tarragon, fresh, coarsely chopped	2 Tbsp.

Method

1. Heat a medium, dry skillet over medium-low heat. Add the almonds in a single layer. Toast, stirring often, until golden brown and aromatic, 5 to 7 minutes. Transfer to a plate. Cool and reserve.
2. Cut the radicchio and romaine into 8 wedges each. Transfer to a large bowl. Drizzle lightly with the grapeseed oil. Season with salt and pepper to taste. Toss very gently to coat.
3. Preheat grill to high.
4. Just before service, grill each wedge on the cut sides to mark. Transfer to a platter.
5. Dress with the Almond Fig Vinaigrette. Top with the reserved almonds, chopped tarragon, shaved ricotta salata.
6. Serve warm.

ALMOND FIG VINAIGRETTE

Yield: 3 cups

Ingredients	Amounts
Oil, almond	1 cup
Fig, dried, chopped	½ cup
Vinegar, balsamic	¼ cup
Vinegar, wine, red	2 Tbsp.
Wine, red	¼ cup
Shallot, minced	1 Tbsp.
Oil, olive, extra virgin	1 cup
Lemon, juice, fresh	2 Tbsp.
Salt, kosher	to taste
Pepper, black, ground	to taste

Method

1. In a food processor, place the oil and figs. Puree until smooth. Transfer to a medium bowl.
2. Add the balsamic and red wine vinegar, wine, and shallots. Whisk to combine.
3. In a slow stream, gradually whisk in the olive oil.
4. Add the lemon juice. Season with salt and pepper to taste.

GREEN BEANS WITH TAHINI AND WALNUTS

Yield: 8 portions

Ingredients	Amounts
Walnuts	½ cup
Beans, green	8 wt. oz.
Beans, wax	8 wt. oz.
Tahini, paste	5 Tbsp.
Oil, olive, extra virgin	3 Tbsp.
Lemon, juice, fresh	2 Tbsp.
Mint, leaves, fresh, chopped	2 Tbsp.
Garlic, clove	1 ea.
Honey	1 tsp.
Oil, olive, extra virgin	2 fl. oz.
Parsley, flat-leaf, leaves, fresh, chiffonade	2 Tbsp.
Chervil, leaves, fresh	½ cup
Salt, kosher	to taste
Pepper, black, ground	to taste

Method

1. Heat a dry, medium skillet over medium heat. Place the walnuts in a single layer. Toast, stirring often, until golden brown and aromatic, 3 to 8 minutes. Transfer to a plate. Cool and reserve.
2. To blanch, in a medium pot, bring salted water to a boil. Add the green beans. Cook until tender but still firm to the bite (*al dente*), 2 to 5 minutes. Transfer to an ice water bath to stop the cooking process. Drain and reserve.
3. Repeat the blanching process for the wax beans. Reserve.
4. For the tahini sauce, in a food processor, place the tahini paste, olive oil, lemon juice, mint, garlic, and honey. Process until smooth. Transfer the sauce to a squeeze bottle. Reserve.
5. Heat the oil in a large skillet over medium-low heat. Add the wax and green beans. Cook to reheat. Transfer the beans to a large bowl.
6. Add the parsley and chervil. Mix to incorporate. Season with salt and pepper to taste.
7. Arrange the beans on a platter. Drizzle with the tahini sauce. Top with the toasted walnut halves.

BLUE CHEESE MULTIGRAIN BREAD PUDDING

Yield: 6 portions

Ingredients	Amounts
Cream, heavy	1 cup
Garlic, minced	1 Tbsp.
Shallot, minced	1 Tbsp.
Egg, whole	2 ea.
Bread, multigrain, cubed	4 cups
Cheese, blue, crumbled	1 cup
Sage, leaves, fresh, chopped	1 Tbsp.
Salt, kosher	to taste
Pepper, black, ground	to taste
Nonstick cooking spray	as needed

Method

1. Preheat oven to 350°F.
2. In a medium saucepan over medium-high heat, place the cream, garlic, and shallot. Bring to a simmer, then immediately remove the pan from the heat.
3. In a medium bowl, whisk the eggs. Slowly stream in the cream mixture to form a custard, whisking constantly to avoid scrambling the eggs.
4. Return the mixture to the saucepan. Cook over low heat, stirring often, until the mixture is thick enough to coat the back of a spoon (*nappé*). Remove the pot from the heat. Cool to room temperature.
5. In a large bowl, place the bread and cheese. Mix to combine. Pour the custard over the bread and cheese. Toss gently to coat.
6. Add the sage. Stir to incorporate. Season with salt and pepper to taste. Let the mixture sit until the bread absorbs the liquid, about 15 minutes.
7. Spray a large casserole dish with nonstick cooking spray. Fill it to the top with the bread mixture and place the casserole in a large baking pan. Fill the pan with enough hot water to come about halfway up the baking dishes.
8. Bake in the preheated oven until the puddings are evenly browned and set, about 35 minutes.

QUINOA AND MUSHROOM CAKES WITH SALBITXADA SAUCE

Yield: 16 cakes

Ingredients	Amounts
Water	1 gal.
Salt, kosher	½ tsp.
Quinoa, dried	1 ½ cups
Oil, olive, extra virgin	2 Tbsp.
Mushroom, cremini, small diced	8 wt. oz.
Onion, red, minced	1 cup
Garlic, minced	2 tsp.
Cumin, ground	2 tsp.
Scallion (Green onion), thinly sliced	2 Tbsp.
Egg, whole	2 ea.
Chile, serrano	2 ea.
Cheese, cottage	½ cup
Cheese, Manchego, grated	¼ cup
Breadcrumbs, panko	¾ cup
Salt, kosher	to taste
Pepper, black, ground	to taste
Oil, vegetable	as needed
Lemon, quartered, seeds removed	2 ea.
Salbitxada Sauce (Recipe follows)	1x recipe

Method

1. Bring a large pot of salted water to a boil. Stir in the quinoa. Lower the heat to a simmer. Cook, uncovered, until the quinoa is tender but still firm (*al dente*), about 10 minutes.
2. Drain thoroughly, rinse with warm water, and drain again. Lay the quinoa out on a sheet pan lined with parchment and reserve.
3. Heat the olive oil in a medium sauté pan over high heat until it shimmers. Add the mushrooms, red onion and garlic. Cook until all the moisture from the mushrooms evaporates, 10 to 15 minutes.
4. Add the cumin. Cook until aromatic. Remove the pan from the heat. Transfer to a large bowl.
5. Add the cooked quinoa, scallions, eggs, chiles, cottage cheese, and Manchego. Mix well.
6. Add the breadcrumbs. Mix. Adjust the seasoning with salt and pepper to taste. Form the mixture into 2.5 oz. patties. Cover and refrigerate until ready to fry.
7. When ready to serve, heat a cast iron skillet over medium heat. Add vegetable oil about halfway up skillet. Fry the patties in batches until crisp and golden on each side.
8. Serve 2 patties per portion with a lemon quarter and 2 ounces of the Salbitxada Sauce.

SALBITXADA SAUCE

Yield: 16 ounces

Ingredients	Amounts
Pepper, bell, red	2 ea.
Chile, serrano	2 ea.
Garlic, clove, unpeeled	6 ea.
Tomato, plum (Roma)	3 ea.
Flour, almond	2 wt. oz.
Salt, kosher	to taste
Pepper, black, ground	to taste
Vinegar, sherry	2 ½ tsp.
Oil, olive, extra virgin	½ cup

Method

1. Preheat oven to 425°F.
2. On a sheet pan, place the bell peppers, serrano chile, and garlic cloves. Roast in the preheated oven until the chiles and garlic is softened, 10 to 12 minutes.
3. Transfer the chile and garlic to a large bowl. Cover with plastic wrap and reserve.
4. Continue roasting the red pepper until it has blistered, about 20 minutes more. Transfer to the covered bowl with the serrano and garlic. Reserve.
5. Bring a small pot of water to a boil. Core the tomatoes and cut an "x" on the opposite side. Place the tomatoes in the pot and cook, just until the skin starts to loosen from the flesh, about 30 seconds. Transfer to an ice water bath to stop the cooking process. Drain. Skin, seed, and chop the tomatoes. Reserve.
6. Lower the oven temperature to 400°F. Place the almond flour on a sheet pan. Toast until it turns a light gold, about 5 minutes. Cool to room temperature.
7. Peel the reserved peppers and garlic cloves.
8. In the bowl of a food processor, place all the vegetables and almond flour. Purée to a smooth paste. Season with salt and pepper to taste.
9. With the food processor running, stream in the vinegar and olive oil. Process until a thick sauce is achieved. Adjust the seasoning with salt and pepper to taste.
10. Store in the refrigerator until ready to use.

ROASTED GOLDEN BEETS WITH BEET GREENS AND MÂCHÉ

Yield: 8 portions

Ingredients	Amounts
Beets, golden, baby, with leaves	1 lb.
Beets, red, baby, with leaves	1 lb.
Oil, olive, extra virgin	3 fl. oz.
Water	2 fl. oz.
Salt, kosher	1 Tbsp.
Pepper, black, ground	$\frac{3}{4}$ tsp.
Thyme, fresh, leaves	2 tsp.
Mâche	5 wt. oz.
Champagne Vinaigrette (Recipe follows)	4 fl. oz.
Cheese, Camembert, cut into 8 wedges	4 wt. oz.

Method

1. Preheat oven to 375°F.
2. Wash and stem the red and golden beets, reserving the leaves.
3. Place the beets into a foil lined baking dish with enough excess to envelop the beets. Drizzle with the olive oil, water, salt, pepper, and thyme. Pull the edges of the foil up and over the beets to form a pouch.
4. Roast in the preheated oven until tender, about 45 minutes. Remove from the oven and open the foil to allow the beets to cool.
5. Gently wash and spin the mâche. Wash and chiffonade the beet tops. Reserve in the refrigerator covered with damp paper towels.
6. Using a paper towel, rub the cooled beets to remove the skins. Cut into quarters.
7. On a serving plate, make a small nest of the reserved leaves topped with a small bouquet of mâche.
8. Toss the cut beets with 4 ounces of the Champagne Vinaigrette. Carefully arrange the beets near or on top of the greens. Drizzle with the remaining vinaigrette. Place one wedge of camembert next to the salad.

CHAMPAGNE VINAIGRETTE

Yield: 6 fluid ounces

Ingredients	Amounts
Vinegar, Champagne	2 ½ fl. oz.
Thyme, fresh, chopped	1 tsp.
Chervil, fresh, chopped	1 tsp.
Agave, syrup, light	1 tsp.
Salt, kosher	to taste
Pepper, black, ground	to taste
Oil, olive, extra virgin	3 ½ fl. oz.

Method

1. In a small mixing bowl, place the vinegar, thyme, chervil, agave, salt, and pepper. Whisk to thoroughly blend.
2. Slowly stream in the olive oil, whisking to incorporate.
3. Adjust the seasoning with more salt, pepper, and agave syrup to taste.

DAY THREE: SEASONALITY/ STORAGE/ MEAL PLANNING

LEARNING OBJECTIVES

- Explain the difference between commercial, organic, and local farming.
- List indicators of freshness in Plant Based ingredients.
- Explain proper storage of vegetables and fruits, as well as dry goods.
- Discuss fermented foods and the benefits of consumption.
- Practice writing a daily prep list, and planning meals in advance.
- Determine which foods can be prepped ahead of time and stored properly.
- Execute contemporary sauces that feature vegetables/fruits/herbs.
- Discuss balancing flavors and textures in plate presentation.

CHEF DEMONSTRATIONS

- Herb Oil
- Whole Wheat Pita Bread/Breadsticks
- Gnocchi Shaping
- Trimming/Searing of Mushroom "Scallops"

DAY THREE: TEAM PRODUCTION ASSIGNMENTS

TEAM ONE

Searched Royal Trumpet Mushroom "Scallops"

Vegan Parmesan Cheese

Creamy Polenta

TEAM TWO

Iranian Vegetable Stew

Date and Almond Rice

Whole Wheat Pita

TEAM THREE

Ricotta and Goat Cheese Gnocchi with Tuscan Kale

Artichoke Caponata

"Everything" Breadsticks

TEAM FOUR

Pozole Rojo Soup

Frijoles a la Charra

Raw Tomatillo and Avocado Salsa with Corn Tortillas

SEARED ROYAL TRUMPET MUSHROOM “SCALLOPS”

Yield: 8 portions

Ingredients	Amounts
Mushroom, royal trumpet	2 lb.
Butter, vegan, unsalted	8 Tbsp.
Oil, vegetable	¼ cup
Salt, kosher	to taste
Pepper, black, ground	to taste
Cherry Tomato Butter Sauce (Recipe follows)	1 cup
Basil Oil (Recipe follows)	10 fl. oz.
Vegan Parmesan (Recipe follows)	2 cups

Method

1. Preheat oven to 350°F.
2. Rinse and pat dry the mushrooms. Slice into rounds 1 ¼-inches tall. Cut cross hatch marks on one side of each mushroom slice (see Chef demo).
3. Heat a medium sauté pan over medium-high heat. Add the butter and olive oil. Working in batches, add several mushroom slices, cross hatched side down. Sear to caramelize the cut surface of each mushroom, about 10 minutes. Transfer the browned mushrooms to a sheet pan, placing them seared side up.
4. Season the cooked surface of each mushroom with salt and pepper. Cook the mushrooms in the preheated oven for 10 minutes.
5. Ladle the Cherry Tomato Butter Sauce on the bottom of a large platter. Arrange the mushroom pieces over the sauce. Drizzle with Herb Oil and top with Vegan Parmesan.

CHERRY TOMATO BUTTER SAUCE

Yield: 1 cup

Ingredients	Amounts
Oil, olive, extra virgin	1 Tbsp.
Shallot, minced	1 Tbsp.
Garlic, minced	1 Tbsp.
Wine, white, dry	2 Tbsp.
Tomato, cherry, halved	2 cups
Butter, vegan, unsalted	3 Tbsp.
Salt, kosher	to taste
Pepper, black, ground	to taste

Method

1. Heat the olive oil in a small saucepan over medium heat. Add the shallots and garlic. Sauté until the shallots are translucent, 2 to 3 minutes.
2. Add the wine. Reduce the liquid, stirring often, until the mixture is nearly dry.
3. Add the cherry tomatoes. Bring it to a simmer, stirring occasionally, until the sauce has reduced slightly, about 5 minutes.
4. Stir in the butter. Season with salt and pepper. Keep warm.

BASIL OIL

Yield: 10 ounces

Ingredients	Amounts
Water	1 qt.
Salt, kosher	¼ tsp.
Basil, sweet, leaves, fresh	1 cup
Parsley, flat-leaf, leaves, fresh	½ cup
Oil, olive, extra virgin	1 cup

Method

1. Bring a medium pot of salted water to a boil. Add the basil and parsley leaves. Blanch for 5 seconds. Drain well. Transfer to an ice water bath to stop the cooking process.
2. Squeeze out most of the water from the leaves.
3. In a blender, place the basil, parsley, and olive oil. Purée until smooth. Do not strain. Place in a squeeze bottle and reserve.

Note: Cilantro, chive, or tarragon can be substituted for the basil.

VEGAN PARMESAN CHEESE

Yield: 2 cups

Ingredients

Cashews, raw
Yeast, nutritional
Salt, sea
Garlic, powder

Amounts

1 ½ cups
6 Tbsp.
1 ½ tsp.
½ tsp.

Method

1. Heat a medium, dry skillet over medium-low heat. Add the cashews in a single layer. Toast, stirring often, until golden brown and aromatic, 3 to 5 minutes. Transfer to a plate. Cool and reserve.
2. In a food processor, place the toasted cashews, yeast, salt, and garlic powder. Pulse until coarsely ground (it should be the texture of ground Parmesan cheese).
3. Refrigerate in an air-tight container until needed.

CREAMY POLENTA

Yield: 8 portions

Ingredients	Amounts
Stock, vegetable	5 cups
Salt, kosher	1 ½ tsp.
Polenta, fine	1 cup
Butter, vegan	2 Tbsp.
Pepper, black, ground	to taste

Method

1. In a heavy saucepan, bring the vegetable stock to a boil. Add the salt.
2. Stream the polenta gradually into the boiling liquid, whisking constantly.
3. Lower the heat to a simmer. Stir frequently, until the polenta pulls away from the side of the pot but isn't overly thick, about 45 minutes.
4. Remove the pan from the heat. Stir in the butter. Season with pepper to taste.
5. Serve immediately.

IRANIAN VEGETABLE STEW

Yield: 8 portions

Ingredients	Amounts
Butter, clarified	4 ½ Tbsp.
Onion, yellow, small diced	2 cups
Turmeric, ground	¾ tsp.
Cumin, seeds	2 tsp.
Tomato, paste	1 ⅓ Tbsp.
Cilantro, sprigs, fresh	1 wt. oz.
Tarragon, sprigs, fresh	½ wt. oz.
Dill, sprigs, fresh	½ wt. oz.
Potato, Yukon Gold, peeled, large diced	2 lb.
Yam, white flesh, peeled, large diced	1 lb.
Squash, butternut, peeled, large diced	2 lb.
Lime, dried, punctured several times	4 ea.
Chile, serrano, green	2 ea.
Salt, kosher	2 tsp.
Stock, vegetable, hot	6 cups
Eggplant, peeled, large diced	1 lb.
Tomato, plum (Roma), quartered	20 wt. oz.
Spinach, baby, leaves, fresh	6 cups
Barberries	8 tsp.
Yogurt, Greek	2 cups

Method

1. Preheat oven to 400°F.
2. Heat a medium size rondeau over medium heat. Add the butter, onions, turmeric, and cumin seeds. Sauté for 10 minutes.
3. Add the tomato paste. Mix to incorporate. Cook for 3 minutes. Do not let it brown.
4. For the bouquet garni, place the cilantro, tarragon, and dill on a square of cheesecloth. Tie it into a bundle with cooking twine.
5. To the rondeau, add the bouquet garni, potatoes, yams, squash, limes, serrano chiles, salt, and heated vegetable stock. If there is not enough liquid to come to the top of the vegetables, add a bit more stock or water. Bring to a simmer. Simmer gently until the potatoes and squash are half cooked, about 15 minutes.
6. Remove the limes from the stew and squeeze the juices back into the pan.
7. Stir in the eggplant, tomatoes, spinach and barberries.

8. Transfer the stew to a large roasting pan. Bake in the preheated oven, uncovered, until the vegetables are very tender and the stew has begun to thicken, about 20 minutes.
9. Remove and discard the bouquet garni. Let the stew rest for 5 minutes. Adjust the seasoning to taste.
10. Serve each portion with a dollop of Greek yogurt.

Note: Fried sour cherries can be substituted for the barberries.

DATE AND ALMOND RICE

Yield: 8 portions

Ingredients	Amounts
Rice, basmati, brown	3 cups
Salt, kosher	2 Tbsp.
Saffron, threads	1/2 tsp.
Water, hot	3 Tbsp.
Butter, unsalted (Divided)	6 wt. oz.
Almonds, skin off, chopped	1 cup
Dates, whole, pitted, chopped	7 ea.
Salt, kosher	1/4 tsp.
Pepper, white, ground	1/4 tsp.
Water	6 Tbsp.

Method

1. Rinse the rice under cold, running water. Drain thoroughly. In a large bowl, place the rice, salt, and enough lukewarm water to cover by 1 inch. Soak for 1 to 2 hours. Drain.
2. Bring a large pot of salted water to a boil. Add the rice. Simmer until it is tender but still firm to the bite (*al dente*), about 25 minutes.
3. In a small bowl, soak the saffron threads in the hot water. Reserve.
4. Drain and rinse the rice with warm water. Transfer to a fine mesh strainer. Drain thoroughly.
5. In a large pot, melt 4 ounces of the butter over medium heat. Add the chopped almonds. Cook until golden, about 5 minutes.
6. Add the chopped dates. Cook for 2 minutes. Add the salt and white pepper. Stir to combine.
7. Add 1/2 the rice and gently flatten it. Then add the remaining rice on top. Do not compress it.
8. In a small saucepan, melt the remaining butter. Add the water and stir to combine. Drizzle over the rice.
9. Cook, covered, over very low heat until a crust forms on the bottom, about 30 minutes.
10. Remove the pot from the stove. Add the saffron and soaking liquid, immediately cover the pot with a clean towel and the lid. Let it rest for 10 minutes.
11. Serve immediately, spooning through the 2 layers and bottom crust.

WHOLE WHEAT PITA

Yield: 10 pitas

Ingredients	Amounts
Yeast, active dry, packet	1 ea.
Sugar, granulated	½ Tbsp.
Water, warm (about 100°F)	1 ½ cups
Sugar, granulated	1 ½ tsp.
Flour, bread	1 ⅔ cups
Flour, whole wheat	1 ¾ cups
Salt, kosher	1 Tbsp.
Oil, olive, pure	¼ cup
Oil, olive, pure	as needed
Flour, bread	as needed

Method

1. For the dough, in a small bowl, place the yeast, sugar, and warm water. Mix to combine.
2. In the bowl of a stand mixer fitted with the dough hook, place the yeast mixture, sugar, bread flour, whole wheat flour, salt, and oil. Mix at medium speed until an elastic dough forms, about 3 minutes.
3. Place the dough into a large, oiled bowl. Mist the dough with additional oil to add flavor and make it easier to remove from the bowl. Cover the bowl with plastic wrap, place it in a warm area. Allow the dough to proof until the ball has doubled in size, about 2 hours.
4. Line a sheet pan with parchment paper and lightly oil it. Punch down the dough and remove it from the bowl.
5. Cut the dough into 3-ounce balls and place them on the prepared sheet pan. Dust the the balls with flour and wrap the sheet pan with plastic wrap. Allow the dough to proof in a warm area until the balls have doubled in size.
6. On a floured surface, roll out each ball of dough into a 7-inch diameter round. Dust each round heavily with flour and store between sheets of parchment paper.
7. Preheat oven and a pizza stone to 450°F.
8. Place a dough round onto the stone and shut the oven door. Working in batches, bake in the preheated oven until steam builds up in the dough and it puffs up. Bake the pita for 1 minute longer and remove from the oven. (Be careful as the steam will be very hot.)
9. Cool slightly on a rack. Continue this process until all the pitas are cooked.

Note: A sheet pan or cookie sheet can be substituted for the pizza stone.

RICOTTA AND GOAT CHEESE GNOCCHI WITH TUSCAN KALE

Yield: 8 portions

Ingredients	Amounts
Cheese, ricotta	⅔ cup
Cheese, goat	⅔ cup
Cheese, pecorino	6 Tbsp.
Egg, whole	2 ea.
Egg, yolk	2 ea.
Salt, kosher	½ tsp.
Nutmeg, ground	⅛ tsp.
Flour, all-purpose	1 cup
Oil, olive, extra virgin	6 Tbsp.
Shallot, minced	½ cup
Stock, vegetable	2 cups
Kale, Tuscan	5 cups
Butter, unsalted	8 Tbsp.
Salt, kosher	as needed
Pepper, black, ground	as needed

Method

1. For the gnocchi, in a large bowl, place the ricotta, goat, and pecorino cheese. Mix well.
2. In a small bowl, place the egg, egg yolk, salt, and nutmeg. Lightly beat together.
3. Fold the egg mixture gently into the cheeses.
4. Add the flour a little at a time, just until the dough is well combined and a large pinch holds together when pressed. Be careful not to overwork. Cover and refrigerate for 1 hour.
5. On a floured surface, roll the dough into ropes about ¼-inch thick. Cut the ropes into dumplings about ½ inch long (see Chef demo). Transfer to a parchment-lined sheet pan.
6. Bring a large pot of salted water to a boil over medium-high heat. Add the gnocchi. Cook, until they are tender and rise to the surface, 2 to 4 minutes. Drain and reserve.
7. In a large sauté pan, heat the olive oil over medium heat. Add the shallots. Sauté until translucent, 2 to 3 minutes.
8. Add the vegetable stock. Bring to a simmer.
9. Add the kale. Cook until it is tender and the liquid has been reduced by ¾, about 10 minutes. Season with salt and pepper to taste. Keep warm and reserve.
10. In a large sauté pan, melt the butter over medium heat. Add the gnocchi and heat through, about 1 minute.
11. Add the kale sauce. Toss to combine. Serve.

ARTICHOKE CAPONATA

Yield: 10 portions

Ingredients	Amounts
Oil, vegetable	2 Tbsp.
Bread, baguette, sliced	1 ea.
Raisins	1 wt. oz.
Pine nuts (<i>Pignoli</i>)	1 wt. oz.
Lemon, juice, fresh	¼ cup
Artichoke, baby	14 ea.
Celery, small diced	1 wt. oz.
Oil, olive, extra virgin	4 fl. oz.
Garlic, coarsely chopped	½ wt. oz.
Pepper, black, ground	¾ tsp.
Mint, leaves, fresh, chiffonade	1 Tbsp.
Vinegar, wine, white	1 fl. oz.
Salt, kosher	1 tsp.

Method

1. Heat the oil in a large skillet over medium heat. Add the bread slices. Toast until golden, 2 to 3 minutes. Transfer to a plate. Reserve.
2. In a small bowl of warm water, place the raisins. Soak until plumped, 10 to 15 minutes. Blot dry with paper towels. Reserve.
3. Heat a small, dry skillet over medium-low heat. Add the pine nuts in an even layer. Toast, stirring often, until golden brown and aromatic, 2 to 4 minutes. Transfer to a plate. Cool and reserve.
4. In a large pot of salted water, place the lemon juice. Reserve.
5. Remove the tough, dark green outer leaves of the artichokes until you begin to see more tender, yellowish leaves. Cut the point off the artichoke. Trim the stem, removing the outer dark green layer and leaving as much heart as you can (see Chef demo). To slowly brown, transfer each trimmed artichoke to the pot of acidulated lemon water.
6. Bring the pot to a boil, then lower to a simmer and cover. Cook until the artichokes are tender when pierced with a fork, 15 to 20 minutes. Drain and reserve.
7. Bring a medium pot of salted water to a boil. Add the celery. Cook until tender but still firm to the bite (*al dente*). Drain and reserve.
8. Heat the oil in a sauté pan over medium heat. Add the garlic and cook until fragrant.
9. Add the reserved celery. Cook until soft, 2 to 3 minutes.
10. Add the reserved artichokes, plumped raisins, pepper, and mint. Cook, stirring constantly, until the mixture is heated through.
11. Add the vinegar and cook until it reduces completely.
12. Garnish with the toasted pine nuts. Season with the salt. Serve immediately with the reserved baguette slices.

"EVERYTHING" BREADSTICKS

Yield: 24 breadsticks

Ingredients	Amounts
Water, warm	2 fl. oz.
Yeast, active dry	2 ¼ tsp.
Flour, all-purpose	2 ¼ cups
Flour, graham or whole wheat	2 cups
Salt, kosher	1 Tbsp.
Butter, unsalted, softened	2 Tbsp.
Honey or rice syrup	2 Tbsp.
Water, warm	11 fl. oz.
Butter, unsalted, melted	2 wt. oz.
Salt, kosher	as needed
"Everything" seasoning	2 Tbsp.

Method

1. Preheat oven to 400°F.
2. In the bowl of a stand mixer fitted with a dough hook, place the warm water and yeast. Let it bloom for 10 minutes.
3. In a medium bowl, place the all-purpose, graham flour and salt. Mix to combine. Transfer to the bowl with the yeast.
4. Add the softened butter, honey/rice syrup, and warm water. Mix on low speed until the dough is formed, about 5 minutes.
5. Turn out the dough onto a lightly floured worktable. Knead gently for 3 minutes. Roll the dough into a 24-inch log. Cut the dough into 24 pieces, about 1 ounce each. Knead each piece into an 8-inch-long rope. Arrange on a parchment lined sheet pan about 1-inch apart. Cover with plastic wrap. Let it rise for 30 minutes.
6. Brush the breadsticks with melted butter. Season moderately with salt and generously with "Everything" seasoning.
7. Bake in the preheated oven until golden and crisp, 10 to 12 minutes.
8. Transfer the breadsticks to a rack to cool.

POZOLE ROJO SOUP

Yield: 8 portions

Ingredients	Amounts
Chile, ancho	4 ea.
Oil, canola	2 Tbsp.
Onion, yellow, thickly sliced	1 ea.
Tomato, plum (Roma), diced	1 1/3 cups
Garlic, minced	1 Tbsp.
Stock, vegetable	3 cups
Hominy, cooked	2 cups
Oregano, Mexican, dried	1/2 tsp.
Salt, kosher	to taste
Cabbage, green, shredded	2/3 cup
Radish, thinly sliced	4 ea.
Onion, red, minced	1/2 cup
Lime, cut into wedges	2 ea.

Method

1. Heat a dry, cast-iron skillet over medium heat. Add the chiles. Toast until just aromatic but not browned, 1 to 2 minutes. Remove and discard the stems and seeds.
2. Transfer the chiles to a bowl and cover with warm water. Let them soak for 30 minutes. Drain and reserve.
3. In a large sauté pan, heat the oil over medium heat. Add the onion, tomatoes, and garlic. Mix to combine. Cook until the onions are translucent, 4 to 5 minutes.
4. Transfer the onion mixture to a food processor. Add **the** chiles. Purée until smooth, adding stock as necessary to facilitate blending.
5. Transfer the purée to a large soup pot. Add the remaining stock. Bring to a simmer and cook until good flavor develops, 8 to 10 minutes.
6. Stir in the hominy and oregano. Season with salt to taste. Simmer for 15 minutes.
7. Serve in warm bowls, garnished with the cabbage, radishes, red onion and lime wedges.

FRIJOLES A LA CHARRA

Yield: 8 portions

Ingredients	Amounts
Beans, black, dried, soaked overnight	2 cups
Stock, vegetable	1 qt.
Cumin, ground	1 ¼ tsp.
Oregano, dried	⅔ tsp.
Paprika	1 ¼ tsp.
Thyme, dried	⅔ tsp.
Tomato, paste	2 tsp.
Pepper, black, ground	½ tsp.
Oil, canola	1 Tbsp.
Onion, yellow, minced	¾ cup
Chile, serrano, seeded, minced	1 tsp.
Garlic, minced	1 tsp.
Tomato, plum (Roma), diced	1 cup
Pepper, black, ground	to taste
Salt, kosher	to taste

Method

1. In a large saucepan over medium heat, place the beans, stock, cumin, oregano, paprika, thyme, tomato paste, and pepper. Simmer, covered, until the beans start to become tender, 30 to 40 minutes.
2. In a medium sauté pan, heat the oil over medium heat. Add the onion, chiles, garlic, and tomatoes. Cook until the onions are tender, 6 to 8 minutes.
3. Stir into the beans. Cook until the beans are very tender, 10 to 20 minutes.
4. Season with salt and pepper to taste.

RAW TOMATILLO AND AVOCADO SALSA

Yield: 2 cups

Ingredients	Amounts
Chile, jalapeño, stems, halved, seeded	2 ea.
Tomatillo, husked, rinsed, quartered	10 ea.
Garlic, clove, peeled	1 ea.
Onion, white, peeled	1 ea.
Cilantro, leaves, stems, fresh, chopped	½ cup
Avocado, large diced	1 ea.
Salt, kosher	to taste
Corn Tortillas (Recipe follows)	1x recipe

Method

1. For the salsa, in a blender, place the jalapeños, tomatillos, garlic, and onion. Purée until smooth.
2. Add cilantro and avocado. Blend briefly until slightly coarse.
3. Season with salt to taste.
4. Transfer to a small serving bowl. Serve with the Corn Tortillas.

CORN TORTILLAS

Yield: 8 portions

Ingredients

Tortilla, corn, cut in wedges
Oil, vegetable
Salt, kosher

Amounts

20 ea.
as needed
to taste

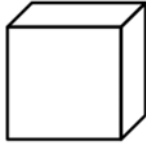
Method

1. Fill a medium pot halfway with oil. Heat to 350°F.
2. Deep fry the corn tortilla wedges until crisp and lightly golden, about 3 minutes. Drain on a wire rack. Transfer to a large bowl.
3. Season with salt to taste.

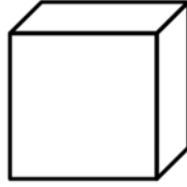
RECIPE INDEX

"Everything" Breadsticks	62	Mushroom Strudel	40
Almond Fig Vinaigrette.....	42	Oven Roasted Tomatoes.....	12
Almond Milk	27	Pan Steamed Asparagus.....	15
Artichoke Caponata.....	61	Peanut Dipping Sauce	25
Arugula Salad with Figs au Gratin, Parmesan, and Pine Nuts.....	16	Pozole Rojo Soup.....	63
Asian-Inspired Buckwheat Noodle Bowl	22	Quinoa and Mushroom Cakes	45
Baked Hominy Grits with White Cheddar	29	Raw Tomatillo and Avocado Salsa.....	65
Basil Oil.....	53	Ricotta and Goat Cheese Gnocchi with Tuscan Kale	60
BBQ Spice Mix.....	30	Roasted Golden Beets with Beet Greens and Mâché	47
Bitter Greens with Oranges and Miso Dressing	26	Ruby Red Grapefruit Salsa	39
Blue Cheese Multigrain Bread Pudding	44	Salbitxada Sauce.....	46
Champagne Vinaigrette.....	48	Scalloped Sunchoke and Fingerling Potatoes.....	19
Cherry Tomato Butter Sauce	52	Seared Royal Trumpet Mushroom "Scallops"	51
Corn Tortillas	66	Stewed Black-Eyed Peas and Okra	28
Creamy Polenta.....	55	Tofu a la Veracruzana	37
Date and Almond Rice.....	58	Tostones.....	38
Frijoles a la Charra	64	Tuscan Kale Salad	36
Glazed Pearl Onions	20	Vegan Parmesan Cheese	54
Green Beans with Tahini and Walnuts .	43	Vegetable Stock	10
Grilled Baby Artichokes.....	13	Vegetable Summer Rolls with Peanut Dipping Sauce.....	24
Grilled Radicchio and Romaine Salad with Almond Fig Vinaigrette.....	41	Vegetarian Dashi.....	21
Herb and Tomato Gougères.....	35	White Bean and Tomato Soup	34
Iranian Vegetable Stew	56	Whole Wheat Pasta.....	14
Kidney Bean and Cremini Mushroom Bourguignon	18	Whole Wheat Pasta with Roasted Tomatoes, Olives, Pine Nuts, and Grilled Baby Artichokes.....	11
Mashed Sweet Potatoes with Ginger ..	31	Whole Wheat Pita	59
Mushroom Stock.....	17		

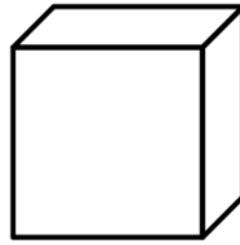
BASIC KNIFE CUTS



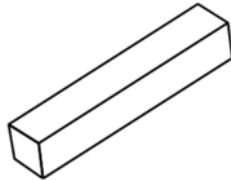
Small Dice
1/4" cube



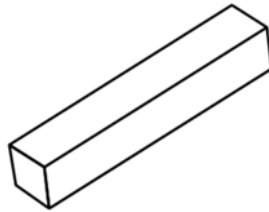
Medium Dice
1/2" cube



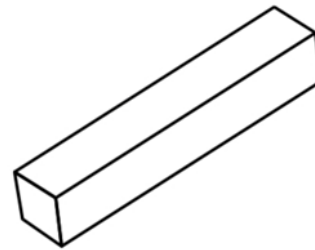
Large Dice
3/4" cube



Fine Julienne
1/16" sq x 2 inch



Julienne
1/8" sq x 2 inch



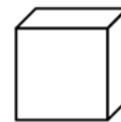
Batonnet
1/4" sq x 2 inch



Mince
<1/16" cube



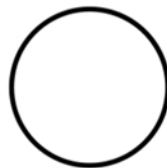
Chop
1/8"-1/4" cube



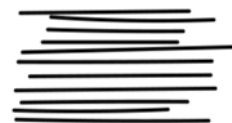
Brunoise
1/8" cube (fine dice)



Bias
diagonal cut



Rondelle
1-8"-1/2" round



Chiffonade
rolled, sliced thin

CONVERSION TABLES

METRIC WEIGHTS AND MEASURES EQUIVALENCIES

1 gram (g)	=	1/28 oz. (or 0.035 oz.)
½ ounce (oz.)	=	14 g
1 ounce	=	28.35 g. (approx. 30 g)
2 ounces	=	56 g. (approx. 60 g)
4 ounces	=	110 g
6 ounces	=	170 g
8 ounces	=	225 g
12 ounces	=	340 g
1 pound (16 oz.)	=	453.6 g (454 g)
1 kilogram (kg)	=	2.21 lb.
1 liter	=	35 fl. oz. (1 ¾ pt.)

METRIC CONVERSION TABLE

To Change...	To...	Multiply by
Pounds (lb.)	Grams (g)	453.6
Ounces (oz.)	Grams (g)	28.35
Pounds (lb.)	Kilograms (kg)	.45
Teaspoons (tsp.)	Milliliters (ml)	5
Tablespoons (Tbsp.)	Milliliters (ml)	15
Fluid Ounces (fl. oz.)	Milliliters (ml)	30
Cups	Liters (l)	.24
Pints (pt.)	Liters (l)	.47
Quarts (qt.)	Liters (l)	.95
Gallons (gal.)	Liters (l)	3.8
Temperature (°F)	Temperature (°C)	5/9 after subtracting 32*

*Example: 9°F above boiling equals 5°C above boiling.

TEMPERATURE EQUIVALENCIES

Fahrenheit (°F)	Celsius (°C)	Classification
250	130	very cool
300	150	low
325	165	moderate-low
350	180	moderate
400	200	moderate-hot
425	220	hot
450	230	very hot

US CUSTOMARY LIQUID VOLUME CONVERSIONS

1 tablespoon (Tbsp.)	=	3 teaspoons (tsp.)
1 fluid ounce (fl. oz.)	=	2 tablespoons (Tbsp.)
1 cup	=	8 fluid ounces (fl. oz.)
1 pint (pt.)	=	2 cups
1 pint (pt.)	=	16 fluid ounces
1 quart (qt.)	=	2 pints (pt.)
1 gallon (gal.)	=	4 quarts (qt.)
1 gallon (gal.)	=	128 fluid ounces (fl. oz.)

US TO METRIC DRY MEASURES CONVERSIONS

tsp.	Tbsp.	oz.	cup	lb.	grams
3	1	1/2	1/16	---	14
6	2	1	1/8	1/16	28
12	4	2	1/4	1/8	57
24	8	4	1/2	1/4	113
36	12	6	3/4	3/8	170
48	16	8	1	1/2	227
96	32	16	2	1	454

VOLUME MEASURE CONVERSIONS

US	Metric
1 tsp.	5 milliliters (ml)
1 Tbsp.	15 ml
1 fl. oz./ 2 Tbsp.	30 ml
2 fl. oz./ 1/4 cup	60 ml
8 fl. oz./ 1 cup	240 ml
16 fl. oz./ 1 pint (pt.)	480 ml
32 fl. oz./ 1 quart (qt.)	960 ml
128 fl. oz./ 1 gallon (gal.)	3.84 liters (L)

These materials were developed at the Culinary Institute of America.

Creative Vegetarian Boot Camp Course Guide v.120.docx

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